

THE RAIN IN SPAIN ...

By Carol Sabick

Reiki master Carol Sabick has been a TMI Professional Member since 1994. From the beginning, her musical background led her to recognize the value of METAMUSIC® and to play it constantly in her Reiki center in Jerez, Spain. As this article demonstrates, Carol has broadened her horizons and continues to "make a difference" with Hemi-Sync®.

Surrounded by sirens and horns, anxious tourists and stressed businesspeople, Hemi-Sync is alive and well amid the hustle and bustle on Gran Via, the Fifth Avenue of Madrid, Spain. Life goes on as usual for the other five million residents, while dedicated groups from all over Spain (with a sprinkling of folks from other countries) gather in a fifth-floor oasis in the heart of the city. There they enter Focus 12 and spend the weekend working on getting to know their total selves. Introducing Hemi-Sync to Spain has been fun and exciting. In May of 1996, I started using the basic Focus 10 and 12 free-flow tapes by voicing translations over them.

Experiences have been consistently positive. Later courses have included my "gift" tapes from the many TMI courses I have attended which allow participants to go to higher levels. Having two other TMI grads—Spanish flight attendants Teresa Losada and Mamen Rodriguez—sit in with us frequently and share their experiences brings it all closer to home for neophytes.

The main courses are weekend workshops and follow the general GATEWAY format. But as a Reiki master devoted to teaching this hands-on healing technique, I have also prepared special classes to support and increase the flow of healing energies. These include using the *HUMAN PLUS (H-PLUS®)* tapes in Focus 11 to fine-tune the senses—touch, sight, and hearing—so they become more effective tools for the healer on both physical and non-physical levels. Word spread quickly. The publication of *Ultimate Journey* in Spanish, and French healer Patrick Drouot's books telling of his TMI experiences, sparked more interest. With my magazine article and interviews on radio and television, that interest has intensified.

Southern Spain's wonderful climate has attracted many foreign residents from colder lands. Most of them speak English, and this means the classes in Marbella are often simultaneously bilingual—half hear the tapes in English and half hear them in Spanish. This makes for a special kind of sharing. However, the presenter can get a bit confused at times and speak the wrong language to a perplexed participant, who then stares politely. What, they wonder, could I possibly be trying to communicate?

The Hemi-Sync retreats are beautiful and popular interludes. They may be either three or five days long. Total silence is maintained as we follow the basic meditation practice of concentrating on the breath and bodily sensations, while simply witnessing the mind's activity. A group of people observing silence and meditation for several days in the very center of a large metropolis may seem incongruous, but it's a powerful way to incorporate expanded

states of consciousness into everyday life quickly and efficiently. And that's really what it's all about.

The ten or so participants in residence during the retreat sleep on the same colorful mattresses used during normal Hemi-Sync courses and begin the day at 5 A.M. Others come in at 9:30 A.M., and meditation continues throughout the day until 9:30 P.M. Those who wish to eat bring their own food for the one-and-a-half-hour break at midday. All, especially those who wish to fast, are encouraged to drink large quantities of herbal teas, fruit juices, and water.

Each sitting meditation session lasts forty-five minutes and headphones are used to support the process by helping each participant tune into Focus 10 or 12. The nonverbal portion of the *Transcendence* tape is generally used for this segment. The *Inner Journey* CD plays as we alternate with walking meditation on the large terrace. In this part of the practice, participants walk at snail's pace to focus attention. The Hemi-Sync is essential to facilitate this process, because on the terrace the sounds of the "real world" become distinct and close—yet seem part of another, distant reality. In all, it's a unique experience that many claim has brought them totally in touch with the divine spark within, to a knowing that the earth experience is only one part of our total reality. A very special "knowing"...

In February I traded the "rain in Spain" for the snow of Switzerland. It was my privilege to introduce Hemi-Sync to the researchers and clinicians attending the Ninth International Congress on Stress held in Montreaux. Many in attendance were surprised when I presented Hemi-Sync as a laboratory-tested tool for enhancing learning and reducing stress. At the pre-presentation demos, some commented that their previous knowledge of TMI had to do with the "going out of body stuff." One even asked, "Is that the place that promotes suicide?" So to clear the air, I addressed these questions first in my general presentation. Once the OOB-related discovery of Hemi-Sync and its use for releasing the fear of death had been explained, we delved into the more technical aspects and applications to aid relaxation, learning, and sleep. Back home, this experience inspired a little simple research of my own. I have employed voice analysis to test participants before and after several weekend courses. This is a rather tedious process. But results thus far show that physical energy becomes more balanced and emotional patterns tend to smooth out after Hemi-Sync immersion.

My Hemi-Sync courses began humbly five years ago in the Reiki center in southern Spain. Sometimes using the standard tapes in English with non-English speaking participants left them more aggravated than relaxed! Since then, I've branched out to several areas of Spain and gone as far afield as the Canary Islands. Different professionals are presently trying Hemi-Sync for themselves. They hope to incorporate it into the classroom and other settings as well as combining it with counseling and hypnotherapy. And one university has asked me to do a presentation in the technical school. Hemi-Sync is not yet a household word in Spain, but we're moving rapidly in that direction.

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